# clarke college COURIER

We dedicate this issue
to our friend and former editor
**Meghan Hackett**
1983-2006

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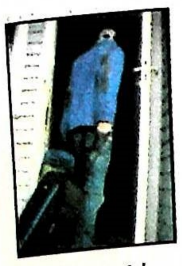
## campus life



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# World renowned choir performs at Clarke

The Vienna Choir Boys performed at Clarke on November 22. photo by Paul Kurutsides

**kerry sivia**
editor

Some of them are half a world away from home. Others are from right here in the United States. All of them are between the ages of 10 and 14, all are boys and 24 of them visited Clarke on November 22 for a very special concert. They are the world renowned Vienna Choir Boys.

The night started off with selections specifically from European sacred music, followed by a broader selection of international sacred music, international folk music and concluding with folk music from Austria.

However, although the main focus of the group is singing, these young boys do much more than just sing. Many of the boys played various instruments to accompany the group for particualar songs. All of them can dance. For one of the Austrian folk songs the boys changed from their sailor suits to lederhosen and a plaid shirt. At the end of the show the boys exited the stage waving.

The roots of the choir date back to 1498 in Vienna. At the time, Austria was ruled by Emporer Maximilian I, who wished to move his court musicians from Innsbruck to Vienna. He stated that there were to be six boys among the musicians. The choir sang only for Mass, private concerts and other state affairs until 1918.

Today there are about 100 choristers divided into four touring choirs. Combined, the choirs give approximately 300 concerts per year. Each group spends nine to 11 weeks of the school year on tour.

# Clarke Web site gets a facelift

**tim teliszczak**
staff writer

As are all colleges, Clarke is constantly working on its appeal not only to prospective students but also to current students, faculty and staff. Since the Internet is used by nearly everyone today, Clarke Web page developers have revamped both the internal and external Clarke Web sites to bring them up to date.

Beginning in May 2005, focus groups were formed to find out what students and faculty liked and disliked about the current Web sites. Organization, ease of navigation, and design were all discussed. From there, Clarke worked with Stamates Communications, a Web site development company from Cedar Rapids, to help put what they found from the groups into designing the new Web site.

"This has taken a lot of time and effort from a lot of people and we are really excited to launch the new site," said Tricia Pitz, director of web development at Clarke.

Pitz said the biggest change is the internal (my.clarke.edu) as well as external (www.clarke.edu) Web sites being combined into one. With the new website up, students are being routed to the main Clarke site, even if they type in my.clarke.edu. Focus groups found that students and faculty believe this will lead to less confusion and easier navigation on the new site.

Pitz said, "Visually the site needed to be updated. We are going for a different feel, redoing the content and organization of the whole site. We created a new site map and asked all the academic departments and

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# Talented 2005 Clarke Grad Remembered

**lindsey brown**
editor

Twenty three-year-old, Meghan Marie Hackett, a 2005 Clarke graduate from Dubuque, died Sunday November 26.

Meghan went home from work at the Dubuque Chamber of Commerce early on Monday, November 20, complaining of a headache. Her mother Diane's motherly instinct told her something was abnormal because Meghan wouldn't let anything take her from her work. That evening, Meghan suffered a brain aneurysm and later a stroke. She was airlifted to Mayo Clinic, Rochester, Minn.

During her week at Mayo, Meghan's unconscious state didn't keep her from her loved ones. Her fiancé Jeffrey, parents Diane and John, brother John, sister Amy, other family members, friends and even her yellow lab Lily, were present. Lily was able to visit Meghan in the ICU and lie next to her. Lily's paw was dipped in blue and printed on a paper while Meghan's handprint was placed by its side.

There was a glimmer of hope for Meghan on Saturday, Nov. 25 when she responded to doctors' requests to move certain limbs. The doctors cautioned her family not to read too much into it as they knew she still had a difficult road ahead. Meghan died on Sunday evening, Nov. 26.

Meghan's friend from Dubuque Wahlert High School, Katie Conlon Fasselius, described Meghan as perky, intelligent, funny, creative and full of laughter.

Mixed CDs of Meghan's were played at her wake and there were numerous pictures. The poster with Lily and Meghan's prints side-by-side was on display surrounded by many photos of their playful years together.

Meghan's casket was filled with many mementos. The most heart-wrenching was a pink polka-dotted card designed by Meghan herself that read "Save the Date. Meghan and Jeffrey are getting married."

Jeffrey was able to pay special tribute to Meghan at her funeral. He read her the book which they frequently enjoyed reading together, the children's classic "Goodnight Moon" by Margaret Wise Brown. The book is about a child going to bed and wishing good night to all that can be seen from his bed. Jeffrey finished the reading by saying, "Good night Meg."

Katie Conlon Fasselius recalled hearing of Jeffrey and Meghan's first meeting. She said they saw each other out one night and he approached Meghan and told her she resembled actress Calista Flockhart. They exchanged phone numbers and the rest was history.

Katie Conlon Fasselius said Jeffrey brought out the best in Meghan. "He helped her true self to shine even more brightly than before," she said. "She was his life."

Meghan was a communication major, so many of her days at Clarke were spent in the communication lab working on college publications. She played several roles on the "Courier" and "Catalyst" staffs and eventually became editor of both publications. Her contributions to the "Courier" can still be seen in the issue you are holding. She redesigned the nameplate and overall look, making the design cleaner and easier to read.

"After displaying an extraordinary talent for design, Meghan went on to be art director of the "Catalyst" one year and then editor the next," said Diana Russo, Clarke student publications advisor and journalism professor. "She was also a very talented and award-winning writer and was editor of the "Courier." Meghan was one

**Meghan Hackett**- page 2

# The Way I See It

ebonee shaw
staff writer

"Chestnuts roasting on an open fire. Jack Frost nipping at your nose. Yuletide carols being sung by a choir, and folks dressed up like Eskimos."

That's right, everyone, it's about that time again to deck the halls with boughs of holly, put up those trees and decorations, and celebrate good times with the family.

Some of us will be celebrating different traditions such as, Kwanzaa and Hanukkah, while many of us will have the traditional Christmas with family.

However we all celebrate, the most important thing is that we will be surrounded by family. For many, this will mean fun times and a blessing, but for others, it will be stressful, tough time.

For those of us who find it hard to spend time with family, especially for the holidays, let's try something different this Christmas and as we bring in a new year. We must remember that tomorrow is not promised to us; so we don't have forever to say "I'm sorry," or "I love you."

Let's try to set aside our differences and cleanse ourselves from those hard feelings and grudges we've been holding, to make amends and bring in the New Year with a fresh start and a willingness to cooperate with family. Find it in your heart to forgive them for their transgressions and love them in spite of their shortcomings.

Keep in mind that forgiving is not necessarily forgetting, but it is a pardon; therefore, the offense should no longer hinder your relationship with the forgiven. A burdened and heavy heart keeps us distracted from all of the finer things in life. You've already tried sadness, so why not give happiness a shot; and while you're at it, allow your family to share your new experience.

Well, everyone, it was fun while it lasted; but our journey together has come to an end. I hope my columns have made you think, evaluate things, and take action. I wish you all the best as you face new challenges in life and tackle the obstacles that get in your way. As we part ways, I ask that you all do be patient, kind and considerate of others and take good care of yourselves. Exercise your right to choose and take responsibility for your own actions. This is Ebonee wishing all of you happy holidays and giving it to you "The Way I See It," one last time.

**Meghan Hackett-** cont. from page 1

of those students you love to teach and love to get to know well. She was truly special: artistic, kind and vivacious, and we will all miss her tremendously."

Upon graduating from Clarke, Meghan began writing and editing for "VUE365 Weekly." Her former boss, Brice Johnson, admits he was skeptical of hiring a fresh college grad, but Meghan was very persistent.

"She restored my faith that there is a strong work ethic coming out of college grads," he said. Johnson attributed Meghan's work ethic to her family. "Meghan evolved from something early on," he said. "She didn't debut that work ethic for the Hacketts."

Meghan's work ethic continued to be evident in her job as Dubuque Area Chamber of Commerce's project coordinator. She was a driving force in the start up of Dubuque's chapter of the Young Professionals Network.

Johnson said people have a common tendency to only remember the good about someone after they die. He said death can't make someone great because we can't change the way they were on earth. "Death didn't make Meghan great," he said. "Meghan made Meghan great."

Condolences can be sent in Meghan's honor to the Ehlers-Danlos National Foundation at www.ednf.org/ (please specify donations should go toward research) or mailed to EDNF National Office, 3200 Wilshire Blvd., Suite 1601, South Tower, Los Angeles, Calif., 90010.

The Young Professionals of Dubuque has also set up a Meghan Hackett memorial fund. Donations can be made at any Premier Bank location.

**Web site-** continued from page 1

administrative offices programs to submit new information."

Nates Komoroske, junior business finance major said, "I don't really have any problems with the new Web site. I know a lot of colleges have everything combined into one Web site because it makes navigating easier. I'm happy Clarke decided to do that on the new Web site."

Pitz said, "Overall I believe the new site will be a huge improvement. We will have incorporated a lot of little new features and enhancements, some new things we are going to try out. The biggest feature we are working on is a virtual tour of campus which will come out later this year after the initial launch."

Gwen Hayes, a junior communications major said, "The only thing I don't like about the new Web site is how "current students" is under "future students." The current students use the Web site more and they should cater to the current students more."

Matt Beaves, senior music major said, "I think the Web site gives Clarke an updated look. Once the fine tuning is completed, it will be easier for current and prospective students to navigate it."

Happy Holidays

~from the Courier staff

## Farewell, but not goodbye

Well, the road has come to an end...not for the "Courier," but for the graduating editors. It has been one exciting ride. There has been a lot going on around campus this semester. We kicked off the semester at Convocation where we heard many speeches telling us to "dream, believe, achieve." We inaugurated a new president for the first time in most of our lives and jammed the Kehl Center when Robert F. Kennedy Jr. came to campus. Eventually we learned to deal with the fact that we could no longer get potato chips on our board plan and that all of our Facebook friends can now see who we become friends with the News Feed feature. We warmly welcomed rising Latin music star and former Clarke student, Frankie Alvarado, when he returned for a concert. And most recently, we were graced with the music of the Vienna Choir Boys as it performed to a nearly full house in Terrance Donaghue Hall. We've also had to say goodbye to friend and former editor Meghan Hackett, whose work will always inspire us

As the editors, it is our hope that you feel we have provided an inviting, captivating and reliable source for Clarke news. Maybe you even learned a few new things (like how buying RED things can help cure AIDS in Africa, how to be a little healthier or the challenges of being a student-athlete and a mother). We would like to thank you for reading and encourage you to keep picking up the "Courier" next semester (while Lindsey is freezing in Minnesota and Kerry is experiencing Washington, DC)! Good luck with exams. Merry Christmas and Happy New Year!

–Kerry Sivia and Lindsey Brown, Co-Editors

clarke college
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## When do you know how much is too much?

### Clarke steps up to the conservation challenge

emily ludovissy
back page editor

We are all guilty of eating with our eyes; but what you might not realize is how much food you are actually wasting. On average, during one meal in the cafeteria at Clarke, there is at least 50 to 70 pounds of total waste.

Clarke is doing its part not only in conservation, also in recycling with the help of Clarke Leading Environmental Action Now (CLEAN). But it is not just about what we do at Clarke, it's about getting into the habit of recycling for the rest of our lives.

"The idea is to develop life-long habits of conserving resources and not take more than what you need out of the world," said Mary Coan, director of Campus Ministry and CLEAN advisor.

Dining services is holding up its end of the conservation process. For instance, it uses recyclable napkins and improved Styrofoam that breaks down faster. It also recycles plastics, cardboard and tin.

"We push to really make sure we are being environmentally responsible," said Matt Ricketts, director of food services.

It does not take a lot of effort to recycle and to conserve food. For example, the dining hall is an all-you-can eat venue. If you think you might not like something, take a little; if you would like more, go for seconds. And try not to take so many napkins. I know you're saying, "I have no idea how many napkins I will need." Well, to deal with this mind-blowing question, dining services is working to get napkin holders on all the tables.

photo by paul kurutsides

"We encourage students, faculty, and staff to eat in moderation," said Ricketts. "We want people to be involved in conservation."

Coan adds, "When you don't practice conservation, you take away resources from other areas in the world."

There are now over 40 recycling bins spread around campus. CLEAN recycles over a hundred pounds of paper a week, but there is so much more that can be done. CLEAN is working toward getting a recycle bin by every trash can and supplying the custodial staff with two garbage cans, one for trash and one for recycling.

"The problem is manpower," said senior Christina Stierman, the president of CLEAN. "Recycling is not institutionalized on campus. Many faculty members are independently involved and students within the dorms work to promote recycling; however, there is potential for so much more."

### What you can do to help:

- Get more involved in conservation
- Join CLEAN
- Recycle your plastic cups and lids in the Crusader Café
- Minimize use of paper products
- Look at the way things are packaged; buy items with less packaging
- Take all you want, but eat all you take
- Ask yourself, "Do I really need this?"
- Do not litter
- Turn your thermostat down
- Do not waste food
- Take shorter showers
- Don't let the water run when brushing your teeth
- Pay attention to what you need vs. what you want

## Changes brewing in the Bean Scene

jesse mcdowell
staff writer

Do you feel like there's nowhere to hang out on campus? Do you find yourself wondering where you can go or making late night runs to Wal-Mart just to be amused? Sure, it's nice to get off campus, but especially since it's gotten so cold, wouldn't you like to avoid the frigid conditions and still have a good time? Next semester, you'll need to look no further than the basement of Mary Ben, in the newly remodeled Bean Scene.

The Bean Scene is in the midst of some major changes; over the winter break it is going to be revamped, remodeled, and redesigned with you in mind. The Bean Scene is still looking for suggestions from all students to make it appeal to everyone. A few of the planned changes include new lighting, improved sound quality and sound system, a large projector for movie nights and Super Bowl parties (with cable for everyday use), and a pool table to boot. The scenery is also getting a facelift, and the Bean Scene will have an all-new look for its grand reopening party. A new menu is certainly on the agenda, so you should come down even if you don't like coffee!

Besides the triumphant return of open mic night so you can get your karaoke on, more events are being planned for next semester, including craft nights, music shows and outdoor concerts. On regular nights you can count on a nice space to be comfortable with your friends or to study when you need to, and usable area for any of your club events.

Wondering how to submit suggestions? It's easy! Submit your ideas to either Colin Muenster or Nathan Monson via Clarke e-mail. What kinds of suggestions are they looking for? Anything! Anything that you want to do in there, see in there, drink in there (keeping the fact that we ARE a dry campus in mind). Let them know and they'll do their best to make it happen.

Now, I know everyone wants to help make this happen, because seriously, it's high time that we have a nice place to hang out on campus. Anyone wishing to volunteer should also contact Colin Muenster.

These changes won't happen overnight, and they won't happen by themselves, but with your help and a little time, Clarke can have a great place that everyone can enjoy for years to come.

## Clarke decides against J-term for now

tim teliszczak
staff writer

For some students winter break isn't about relaxing and taking a break from school. Offering a J-term in January is an opportunity for students to catch up on a class or two over winter break or take a class that wouldn't normally fit into their schedules.

Clarke and the other Dubuque colleges have not offered a J-term before now. Loras will begin offering a J-Term next year.

A Creative Ideas Taskforce at Clarke discussed a J-Term. One reason it was considered is because it works well with studying abroad, which is increasingly popular with students and universities today.

When the three major colleges in the area got together recently to address this issue, both Clarke and University of Dubuque decided not to offer a J-term.

With Loras' decision to offer a J-term schedule starting next academic year, questions have arisen about how it will affect scheduling between the three colleges.

"It was something worth considering, but isn't a good fit for us at this time," said Pat Maddux, vice president of information technology and member of the President's Cabinet at Clarke. "The only potential academic conflict would be the joint social work program between (Clarke) and Loras because students take classes at Loras towards their social work major."

Joan Lingen, provost and vice president for Academic Affairs at Clarke, said, "We believe we can accomplish the goals of a J-term in other ways such as the classes we offer in the summer. When we began discussing possible J-term scheduling, both students and professors weren't in favor of it."

One reason students and professors opposed implementing a J-term was because they enjoy the month or so away from classes. Lingen explained that Clarke programs such as nursing offer classes during the winter break.

> "It was something worth considering, but isn't a good fit for us at this time."

"For the nursing program it is something that works, but right now, as an institution, it's something we decided to wait on," she said.

Cheryl Jacobsen, provost and academic dean at Loras, said, "There are a lot of reasons we decided to begin offering a J-term next year. There will be a heavy emphasis on activity learning and reflective thinking through these classes. Activities like multicultural education will be part of the curriculum. Some courses offered will entail taking a class and then going into the community doing research and applying what they have learned. This will be a very hands-on experience for students."

"We are fully prepared to accommodate the students and professors at both colleges," said Jacobsen. "If scheduling at the schools is different, we will find a way to make all things work so students are not behind or ahead of each other."

## On The Street

story and photos by ashley zaehringer
campus life editor

**What is the best gift you ever got from Santa and why?**

A plane ticket to Europe, or when my grandmother would crochet or knit me something. The ticket, because it was my first time to Europe, and the crafts because my grandmother made them especially for me.

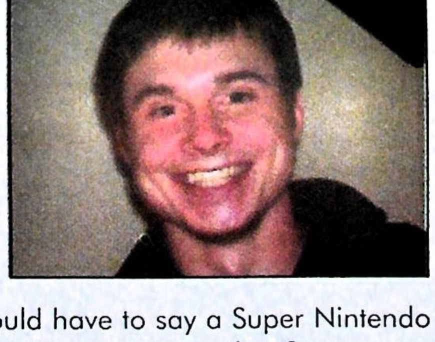
*Summer Zwanziger, Resident Director of Mary Benedict Hall*

My leather-bound book of Edgar Allen Poe works because it's a beautiful book and I like to read him.

*Megan Swenson, sophomore studio art and psychology major*

An air hockey table because it was a toy my brothers and I could both play with and not fight about.

*Diane Conrad, junior English major*



I would have to say a Super Nintendo Power Rangers game that Santa gave to me directly.

*Shawn Wilfong, sophomore CIS and math major*

# Clarke students gain real world experience

### Internships offer insight into students' future careers

mishereen ellis
"Courier" pr manager

Gaining career-related experience, developing skills that can be added to one's resume and used in future positions, networking and learning about the working world and how it functions are just a few of the benefits to having an internship. Students are encouraged to have at least one internship during their college career.

Senior philosophy and elementary education major Audrey Swanson is the newest intern for the student life office at Clarke. Swanson first heard about the opportunity from Kate Zanger, vice-president of Student Life and Enrollment Services. She then had to apply through Jennifer Cramer, director of student activities. She has been working in the office since the beginning of the semester.

"I feel having this internship is affording me the opportunity to work on leadership skills, which will be very beneficial to me in the long run," said Swanson.

Although this internship isn't directly related to her majors, Swanson believes that really doesn't matter as she is gaining valuable career-related skills.

"I believe this internship will aid me in learning how to plan different things, which will, in the long run, be a plus to my elementary education career," said Swanson. "I am very happy that I made the decision to have an internship this semester because I am able to focus on school and work at the same time."

Julie Welter, director of career services said, "It is important for students to have internships as an opportunity to experience a career field and get their feet in the door to employment after graduation."

"Internships also provide students the opportunity to apply classroom knowledge to a work setting."

Career services staff encourages students to do an internship for credit.

"It's a more guided experience so hopefully the student will get more out of the experience," said Welter.

Clarke's December intern of the month Kassie Meyer had the opportunity to intern for the American Red Cross. During her internship Meyer worked on a number of cases involving house fires.

Amanda Krapp (left) and Audrey Swanson gain valuable experience through internships.

photos by paul kurutsides

"There is nothing like opening the door to a home and seeing nothing but black," said Meyer. "I have seen the devastation of losing everything and I have seen the strength of those who are able to pick up and carry on after such a traumatic event."

Meyer believes the experiences she has gained during her internship will be something that sticks with her for the rest of her life.

"You cannot get experiences like this in a classroom and you cannot truly understand it until you see it first hand," said Meyer. "It has also been amazing to be a part of an agency that does so much for the community. In working for the Red Cross, I have been able to see what it means to truly make a difference."

November intern of the month and nursing major Amanda Krapp interned for the Wisconsin Lions Camp as a nursing assistant. Some of the duties her internship included were to dispense medication, respond to emergencies and drive campers or staff into town for urgent care or to pick up their medication. Krapp was also on call every other night in case of emergency.

"The summer internship reaffirmed my decision to become a nurse," said Krapp. "I gained both confidence and self esteem from this internship, which I will take with me for the rest of my life."

Students who are looking for internships are encouraged to make an appointment with Jane Gassmann in the career services office, located in the Stoltz Student Life Wing of Mary Frances Hall. Students can also go online to clarke.edu and click on the career services link where internship opportunities are listed. The office will assist students in the search and application process, including tailoring resumes and cover letters for specific positions. Students should ask teachers and other professionals to keep them informed about opportunities.

"Using your networking skills is very important in both the search for internships as well as jobs because not all internships will be advertised," said Welter.

# "Money Matters" more and more to students

tim teliszczak
staff writer

Even before graduation, one thought in the back of college students' minds is the debt they are accumulating through college loans. Once graduation is over and reality hits, so does the reality of debt.

Students who graduate from Iowa four-year colleges average $22,727 in debt.

photo by mike dalsing

The numbers are staggering and debt is something very real to most students here at Clarke.

Amy Gaffney of Iowa Student Loans spoke to students about how an effective budget can help cut down debt while in college and after graduation in apresentation titled "Money Matters" on November 29 in Gallagher Lounge.

"You should live like a college student now so you don't have to when you graduate from college," said Gaffney.

Gaffney began the evening outlining what an effective budget should look like and then went into detail about each step. To most college students, maintaining a budget seems very simple but it can be complex in the long run. First, students have to realize where their money is going, whether for good times or toward paying bills.

Secondly, students can reduce spending, especially impulse buying.

> "You should live like a college student now so you don't have to when you graduate from college."

"Everyone is guilty of buying things on impulse, but instead of buying the $100 pair of jeans, save the money and buy the $20 pair from Target," said Gaffney. "And before each purchase, think whether you really need that item. There is a big difference between wants and needs."

Lastly. you should have some sort of savings plan to save money for emergencies.

"I put all my change in a jar each month and it adds up to about $20," said Gaffney. "If a student were to add this money to his or her loan payments each month, he or she could pay them off roughly two years early and save themselves around $2,000 in the process."

Gaffney explained that any student can get in trouble when credit card use and overbuying piles up. In the United States, 71 percent of college students have credit card debt at or above $2,100.

Gaffney concluded by saying that it's never too early to start budgeting because it does work and does save students money.

# Finding peace and joy at home over break

rachel ward
assistant sports editor

It's that time again, time for the semester to come to an end and for us to pack up and head back home. There's a lot to look forward to as that day approaches—seeing friends from high school and no classes or homework, not to mention some of you will be going home to warmer weather.

But what is it about moving back in with the parents for the four weeks of Christmas break? For freshmen it may require going back to a place with rules they haven't had while they have been away at school for the first time, like a curfew.

"I know I'm going to lose the freedom I've had while I've been here," said Alison Ziegler, a freshman psychology major. "I'll get a curfew, and right now I come and go any-time I want. I'll have to be on my best behavior while I'm at home."

Then there are the parents who have to know every detail of your life, what you have been up to the past few months, are there any new love interests, did you actually pass all of your classes. And every time you set foot out of your own house, not only do you get a curfew, but they want to know who you're going with and what you're doing.

Ziegler knows that those are questions that are coming in her direction, but she has a plan for avoiding getting upset.

"I plan on playing a lot of pool," said Ziegler. "It relaxes me and it's something I've done since I was little. I've grown up playing."

Lorie Murphy-Freebolin, director of the Clarke counseling center, advises students to keep the lines of communication open when you they home. "Pick your battles and don't sweat the small stuff," said Murphy-Freebolin. "If it's your turn to take out the trash but you don't think it is, take it out anyway. It takes 30 seconds and it'll help to avoid an argument."

But these stresses aren't new. At some point every student has had to deal with going back to rules they didn't have while they were away at school.

"After having total freedom at school, I came home to 'Be home at 12:30,' " said senior education major Ashley Wyatt. "The response I got when I argued that I didn't have a cur-few at college, was, 'If you're going to live in our house, you're going to abide by our rules'."

But in defense of parents, they sometimes plug their chil-dren back into the roles they had before college simply because they don't know how to connect with them. "Parents default into control mode if they feel they're losing their son or daughter," said Murphy-Freebolin. "They're just doing the things they've always done while you were growing up. The student can help parents find more adult ways to connect with them by suggesting and initiating other things they can do together."

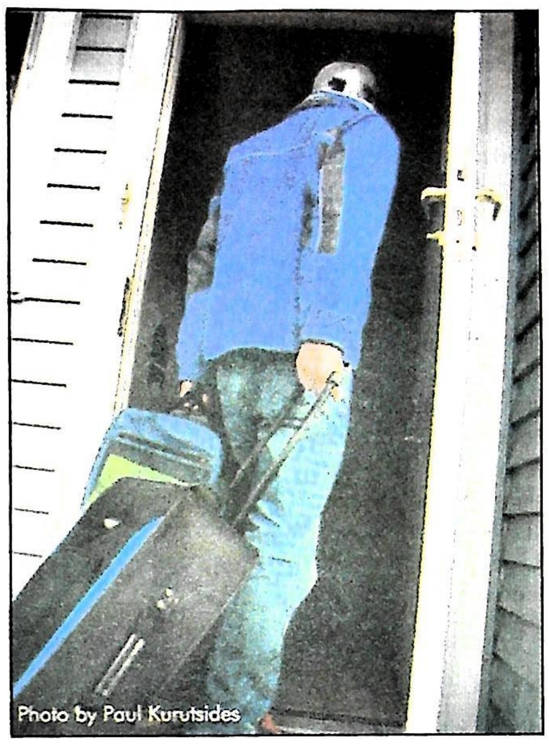


Photo by Paul Kurutsides

It is hard to go back home and get use to the fact that what your parents say goes again, and sometimes your friend's rules change and yours don't. "None of my friends had a cur-few," said Wyatt, "The biggest challenge was getting use to the fact that I was being treated as a child after I had been treated as an adult for a semester."

> "Pick your battles and don't sweat the small stuff."

Murphy-Freebolin wants students to realize that they con-trol how they let the little things affect them in these situa-tions. "Try not to be combative; don't kill a bug with a sledge-hammer."

In other words, pick your battles and realize that it's only four weeks. If there are problems just ask your parents to sit down and talk. Be nice and listen to what your parents have to say. At the same time, talk to your parents and help them understand that you are an emerging adult. Help them find new ways to interact with you.

So how did Wyatt cope? "I tried to balance my time between seeing my old high school friends and spending time with my family," she said. "That way the adjustment was tolerable."

# Crusaders Forever?

spencer tylin
staff writer

There is already a Facebook group about it, so it must be a fact, right? The group is talking about the possibility of Clarke changing its mascot sometime in the future. But what does changing mean? The rumors have ranged from Clarke changing its flag to changing from the Crusader name altogether, but which is it?

We could have a new name, logo, and look in the near future of Clarke. As the role of the medieval Crusades has been questioned, the political correctness of "Crusader" has been debated widely across college campuses nation-wide.

Clarke is deciding whether now is the right time for a possible mascot or name change. Between now and Christmas, a committee will send a survey to all students, faculty, staff and alumni asking whether they think it is the right time for a change and which change they would prefer.

After the committee evaluates the surveys and finishes its report, it will forward the information to the President's Cabinet which will make the decision whether it is the right time to change and what that change will be.

"We have to evaluate whether or not it is the right time, and the new conference plays a part in that," Clarke Athletic Director Curt Long said.

Across campus, not too many things would need to be changed if we decided to change the mascot: the floor of the basketball court, the name of the Crusader Café, only one team's uniforms and some stationery.

"We will look at the name and the identity the mascot represents and if it represents Clarke," Long said.

Sophomore art major Alexandria Herbst said, "I think we should stay the Crusaders because it's our identity and just change our flag logo."

If we decide that a new mascot is something we are interested in, this could mean a more visible mascot at sporting events. But even if we decide to stay with the Crusaders, there is still a possibility of having a different mascot. Discussion about new mascot possibilities will occur after the result of the survey have been determined. This is a chance for all of us to have a direct effect on our school and say whether or not we would like a change.

CLARKE
CRUSADERS

## RANDOM FACT

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## 'Grey's Anatomy': a successful operation

chelsea theisen
arts etc. editor

McDreamy or McSteamy? Team Meredith or Team Addison? Dark and twisty or bright and shiny? If you are a true fan, you already know what I'm talking about; I'm talking about the hit television show "Grey's Anatomy." This year's third season premiere drew in over 25 million viewers, beating out its competitor "CSI" by over 3 million viewers, and it has continued this Thursday-night reign throughout the season. So what is it about "Grey's" that keeps fans coming back for more every week?

The show follows five surgical interns at Seattle Grace Hospital and the people who influence their lives, including several residents and attending surgeons from the hospital. The intern at the center of "Grey's" action is Meredith Grey. Smart and determined, yet mopey and self-centered, Meredith does not always make the best decisions. But lessons learned create inspiring voiceovers that connect with the rest of the cast and pour into the hearts of viewers.

"It wraps comedy and drama all into one," said senior business administration and marketing major Brianna Burlage. "It has great story lines that seem to suck you in and you end up becoming addicted."

And don't forget about the incredibly outrageous, many-times real-life based, medical problems that invade Seattle Grace Hospital every week. From twins with two different fathers to two people impaled on a pole, "Grey's" really keeps viewers fascinated.

"I understand a lot about what they are talking about," said senior nursing major Katie Strub. "When someone comes in and they rattle off what is wrong with them, I can actually understand it and it is really exciting. All of us nurses love the show."

> "When someone comes in and they rattle off what is wrong with them, I can actually understand it and it is really exciting."

"Grey's" has already won awards from the Screen Actors Guild, the Golden Globes, the Emmy Awards, and the NAACP among others. Tune into ABC, Thursday nights at 8 p.m. to catch all new episodes and get your McDreamy fix. Seriously!

## Media Watch

mishereen ellis
pr manager

**Abby Schultz - sophomore drama major**
What is the Web Site you visit most often? www.facebook.com
What is your favorite magazine? "Cosmopolitan"

**Steven Wilson - freshman kinesiology major**
What is the Web Site you visit most often? www.myspace.com
What is your favorite magazine? "Vibe"

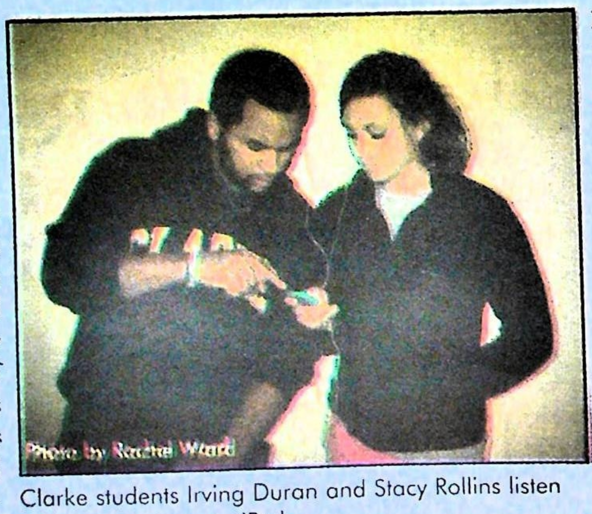
**Jennifer Maurer - junior elementary education major**
What is the Web Site you visit most often? www.clarke.edu
What is your favorite magazine? "Cosmopolitan" and "People"

## Students turning down the volume on iPods

andrea ternes
staff writer

iPods are such a convenient way to listen to music on the go and hold thousands of songs in your pocket, but do you think about the damage it could be doing to your ears?

There have been many recent studies about how iPods can damage hearing. "A typical person can safely listen to an iPod for 4.6 hours per day at 70 percent volume," said Cory Portnuff, a doctoral researcher in Colorado University-Boulder's Speech Language and Hearing Sciences department. "Damage to hearing occurs when a person is exposed to loud sounds over time." The risk of hearing loss increases as sound is played louder and louder for long durations."



Clarke students Irving Duran and Stacy Rollins listen to some tunes on an iPod.

Amanda Johnson, Clarke sophomore said, "I listened to my iPod at full volume and had ringing in my ears the entire next day. So, knowing the levels one is listening to music at, and for how long, is extremely important."

After hearing the results of the study, Clarke sophomore Demarvis Russell said, "Maybe I should turn my iPod down a notch."

Researchers have not found any significant difference in the sound levels in different genres of music.

Colin VanBergen, an audiologist at Okanagan Hearing Clinic said, "You're trying to shut out other noises, and that's when you put yourself at risk," A slight increase in volume makes a big difference."

"Not everyone shares the same risk of hearing loss," Portnuff said. Some people have "tougher ears," allowing them to listen to music relatively safely for longer periods of time, while those with "tender ears" may suffer damage, even if they follow the new recommendations. There is really no way of knowing which people are more prone to damage from listening."

On-Screen this Christmas:

## To see..... or not to see?

jesse mcdowell
staff writer

spencer tylin
staff writer

**An oldie but a goodie-**
**"How the Grinch Stole Christmas!"**

Not feeling into the spirit of Christmas yet? Feel like your heart is just three sizes too small? Not a problem. Dr. Seuss has the solution for even the grumpiest Grinch in the classic animated "How the Grinch Stole Christmas!" This film brings back all of those good times we spent waiting by the tree under the rainbow of sparkling lights. Dr. Seuss' poetry is just what you need to cure the dreary doldrums; and what better way to spend Christmas than in Whoville? Besides, no one will ever give you better gift ideas than the Whos, and you just can't beat a Who feast of roast beast with a can of Who hash. Just make sure you grab the 1966 edition, or Jim Carrey may turn up to totally ruin your holiday.

**A new one that is merry-**
**"Love, Actually"**

Looking for something a little fresher? "Love, Actually" is a wonderful and fairly recent addition to the world of film, and adds a little diversity to the love we share during the holidays. It's fun romantic comedy that has a little something for everyone, and what is the point of Christmas unless you give everyone a little something? With Hugh Grant, Keira Knightley, Colin Firth, and Sienna Guillory, who could ask for more? Seriously, though, if you need something to raise your spirits, give you a good laugh, and show you the magic of the holidays, you've got the right film. A gigantic all-star cast is ready and waiting to prove to you that in this world that can seem so heartless and bleak, love actually is all around.

**An oldie but NOT a goodie-**
**"Jingle All the Way"**

"Jingle All the Way" stars Arnold Schwarzenegger and Sinbad. Before I go any further, if these two aren't a winning comic duo, I don't know who is. And forward with the plot: Schwarzenegger plays a father who promises his son a Turbo Man for Christmas. The film then goes into a chase game around town between Schwarzenegger and Sinbad on Christmas Eve to find this toy that every child wants. The movie was released in 1996, and, sadly, has its supporters. I thought this film was horrible, and put it on a list of things that I would never want to watch again. When compared to other Christmas classics like "It's A Wonderful Life" and even "National Lampoon's Christmas Vacation," "Jingle All the Way" is just plain horrible. The acting is bad as well as the script. I am not sure what this movie is trying to achieve, but my guess it that it fell short. We all know that the only role Schwarzenegger can ever play is an action star, and this movie, obviously, is not an action movie. When going out with a loved one or anyone to pick up a holiday movie from your local video rental store, don't pick up this one.

**A new one that's NOT so merry-**
**"Deck the Halls"**

I must be honest right off the bat; I did not see "Deck the Halls." I was planning on going but a colleague on the newspaper told me not to waste my money or time. He told me he saw it with his family over Thanksgiving break and it was everything that it appeared to be in the preview. The movie stars Matthew Broderick and Danny DeVito who compete for the best holiday light display in the neighborhood and spark off a fierce competition. First off, Broderick hasn't made a good movie since "Ferris Bueller's Day Off." The fact that he is appearing in an old and tired Christmas plot of neighbors who compete against each other for a stupid reason doesn't make this film out to be a career changer. Well, call me Scrooge because this is one holiday movie that I'm guessing won't put me in the mood to sing Christmas carols.

# SPORTS

## Basketball seasons in full throttle

ryan balster
staff writer

### Men not worried about independent conference

This year's men's basketball team has a lot of new faces. Graduating three starters from last year's team, it is looking at a young team this season. Although they are young, that is not discouraging them.

With having a young team this year, it is important to have leaders on the team to help the new players. Head Coach Jon Davison said his three leaders are DeMonte Bynum, Brian Harris, and Jamie Seidl.

"Our leaders help the freshman with the jump from high school ball to college ball, but it's not just on the court," said Davison. "Off the court is just as important. The main thing that freshman need to be taught is time management."

Clarke basketball coach Jon Davison motivates his team during a time out.

According to Davison, his leaders are good role models for the rest of the players. They work hard, lead by example, and pick each other up.

The team still has the same goals it does every year. "We want to play hard and have fun in games and in practice," said Davison. "If we do that and have good team chemistry, then we have a better chance to win."

Davison isn't afraid his player's won't be motivated because they don't have a conference to play in this year.

"Every game is a conference game this year," says senior kinesiology major DeMonte Bynum. "We have new challenges to try to get into the NCAA tournament."

Besides getting into the NCAA tournament, the team is hoping to try to win Coach Davison's 500th game. "We want to win it this year," says Bynum. With a 27-game schedule, the team needs 10 wins to reach that milestone.

The season has already kicked off, and Davison and Bynum are both looking forward to seeing the team get better and better as the season goes on.

As of Tuesday, the Crusaders held record of 0-6. Their next home game will be during the Clarke Holiday Tournament Dec. 27-31. Their next away game will be on Dec. 9 at Knox College.

### Lady Crusaders welcome new faces

Junior basketball player Lauren Johnson focuses on the ball while playing defense.

The women's basketball team has six new faces this year. According to Joan Steffen, the head women's basketball coach, the team has a good balance between new players and veterans.

Just as with the men's team, the team's youth doesn't discourage them from having high hopes. "This year we really want to work hard and improve every day," said Steffen. She said the women are making the adjustment quickly.

This year's captains are Lauren Johnson and Jennifer Howe. According to Steffen they show the leadership qualities needed and are able to help the new players adjust.

According to Johnson, junior athletic training and pre-physical therapy major, this year's focus is on having positive attitudes and believing in each other. "Those are important when it comes to a team sport," said Johnson. "Our freshmen and transfers have a lot of talent and great attitudes. We all come to practice every day to get better."

Steffen said the big difference from last year to this year is going to be the style of play. "This year everyone can handle the ball," said Steffen. They have a young, fast team that will be able to play good transition ball. They really want to run and play an up-tempo style of ball, according to Steffen.

With the season already in full swing, the women are looking forward to the year and ready to take on any team.

Clarke had a record of 0-6 as of Tuesday.

They will play at home next when they host the Clarke Holiday Tournament on Dec. 27-31.

## New baseball coach is named

pedro semidey-vega
staff writer

After waiting more than three months for a new head baseball coach, the Clarke baseball players had their first practice Tuesday, November 28.

According to the players, the team was anxious to get someone who could provide them with knowledge and guidance.

After almost five years as an assistant coach in a small, but very successful college baseball program at University of the Ozarks, Clarksville, Ark, 28-year-old, Chad Harris was named the new Clarke head coach.

"He brings great knowledge, enthusiasm and energy by coming from what is known as one of the strongest baseball conferences at this level," said Curt Long, athletic director.

"I though that I was ready to move on and become a head coach and help a group of guys to become successful at baseball, but more important in life," said Harris.

"I know that it's not any easy, but we are all working towards the same goal."

In Clarke's baseball team there are 19 Puerto Ricans, two Dominicans, one Venezuelan and five caucasians players. His main plan is to work with the language barrier that exists between the different races. He mentioned that he will encourage non-native English speakers to speak English, and those which know English, to help the ones who struggle with the language. He also mentioned that team bonding will be important which will build team chemistry.

"Coach Harris is a person who is worried about our baseball performance, but more about us as people in this society," said Hector Burgos, senior kinesiology major. "He wants us to become someone in life and to take advantage of the opportunity that has been given to us."

Like most people know, adapting to someone new is a process that could take a long time, but hopefully chemistry between Harris and his players will come with the snap of a finger. The Crusader's baseball team will play their first game on March 3, 2007 at Louisiana.

## How to stay in shape over the break

sarah bradford
sports editor

During the season, athletes have little problem training to stay in shape but can struggle to do so during Christmas break.

"It only takes 10 days for an individual to lose what they worked so hard to gain during the first semester," said Clarke track and field coach Michael Warta.

According to Warta the biggest obstacles athletes face over breaks are distractions, motivation and change in routine.

"Distractions become a huge challenge for athletes when they go home," Warta said. "Athletes need to realize that they still have to make time to do something active amongst all the eating and socializing."

For junior softball player Dani Carter motivation is the biggest obstacle. "It's not that I don't want to workout," she said. "It is just a lot harder to do so without teammates."

The first thing athletes need to do to overcome these obstacles is not to use them as an excuse for getting out of shape. Warta has his own easy ways to stay in shape over breaks.

"First, set a time of day that you will do something like run or lift; this will set a routine," he said. "Next, try to get others involved in activities; join a group with a friend of family member. If you don't have a gym to join, go play basketball or volleyball at your local high school gym. Athletes need to remember that just because they are not doing their specific sport, they can still stay in shape."

For some athletes, working out is easy over break, but the temptation of holiday foods can a big obstacle.

"I like going to the gym and running," freshman soccer player Phillip Flores said. "It's just hard to stay fit with all of the junk food at home."

Warta believes nutrition is the key to performance and has a few simple guidelines for eating during the holidays.

He suggests staying away from sweets because sugar causes the body to release a hormone that tells the body to store fat. Another thing is not overeating. If athletes are working out less then they don't burn the extra calories they can get from additional food. Athletes should also stay away from fried foods which are 90 percent unhealthy and eat whole foods. Some examples are fresh fruits and vegetables, whole grain breads and pasta, rice and lean meats.

Warta says working out over the break will not be that tough; it is just a matter of self-motivation and taking responsibility to maintain the level of conditioning that the athlete's coach and team got him or her into.

"The only real reason for getting out of shape is that the athlete failed to take the responsibility of staying in shape," he said.

Clarke track coach Michael Warta offers advice on staying in shape.

## On other campuses...

ashley zachringer
campus life editor

### Legend of "Barfing Barb"

Here at Clarke we think Mary Fran is haunted, but Indiana State University has had a run in with a ghost who tends to make people want to lose their lunch. "Barfing Barb" has been haunting Burford Hall for years, usually around the beginning of the semester. People who have seen the ghost claim to see a female spewing paranormal puke down the halls. Legend has it, the ghost is a girl who threw up so much she died after attending too many frat parties.

### Colleges get creative

These days college is getting more expensive and it seems scholarships are harder to find. Several colleges and universities have started unique scholarships to offer incoming students.

The Culinary Institute of America in Hyde Park, New York, holds a contest called the All-American Apple Pie Recipe Contest. Just like it says, the best apple pie wins. First, second and third place winners receive $25,000, $15,000 and $10,000 respectively.

Hood College in Frederick, Md., offers a unique opportunity called the Heritage Scholarship. This scholarship is offered to freshmen or transfer students who had a parent or grandparent attend Hood for at least one year. If accepted, the student pays what their relative paid their first year of college. That means if your grandmother only paid $300 her first year, that's all you pay as well.

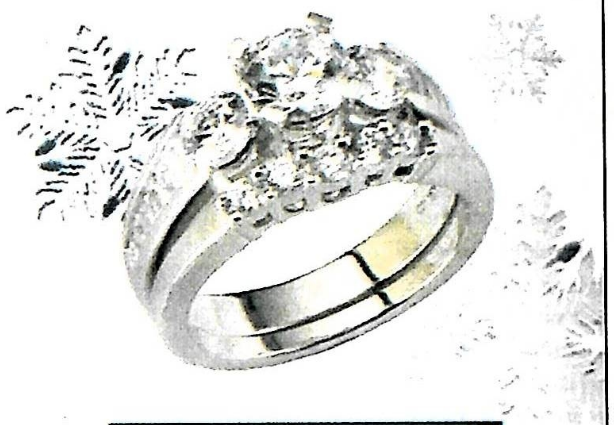
### Paying for collecting fines

We know that college students are always strapped for cash, but how far do you think some would go to earn an income? One such student from the University of Wisconsin, Madison collected parking fines from students and faculty with fake parking tickets. The student used a computer to model a ticket after one that he had received months earlier. Investigators were able to trace the citation number to him after a victim asked about a fine that was returned to him. The student admitted to placing numerous $40 fines on cars throughout campus and now faces criminal charges with one misdemeanor count of obstruction. He will also be required to pay back the money he collected.

## Library Hours for Finals Week

Sunday, December 10: 1 p.m. - midnight
Monday, December 11: 8a.m. -midnight
Tuesday December 12: 8 a.m.- midnight
Wednesday, December 13: 8 a.m. - midnight
Thursday, December 14: 8 a.m. - 9 p.m.
Friday, December 15: 9 a.m. - noon

'Tis the Season



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## 9th Annual Kwanzaa Celebration

Clarke's 9th annual Kwanzaa Celebration will be Thursday, Dec. 7 at 4 p.m. in the West Locust Dining Room. The program will begin with a short introduction to Kwanzaa and the African-American cultural roots of the observance. At 4:30 p.m. students will take the lead in a traditional Kwanzaa candle-lighting ceremony. The Karamu, or feast, will follow.

Kwanzaa, a non-religious African-American holiday, born of a synthesis of continental African and diasporan African traditions, is officially celebrated during the seven days following Christmas. Everyone is invited to share in our campus celebration, as we re-affirm the values of family, community, and culture which are so important to all of us.

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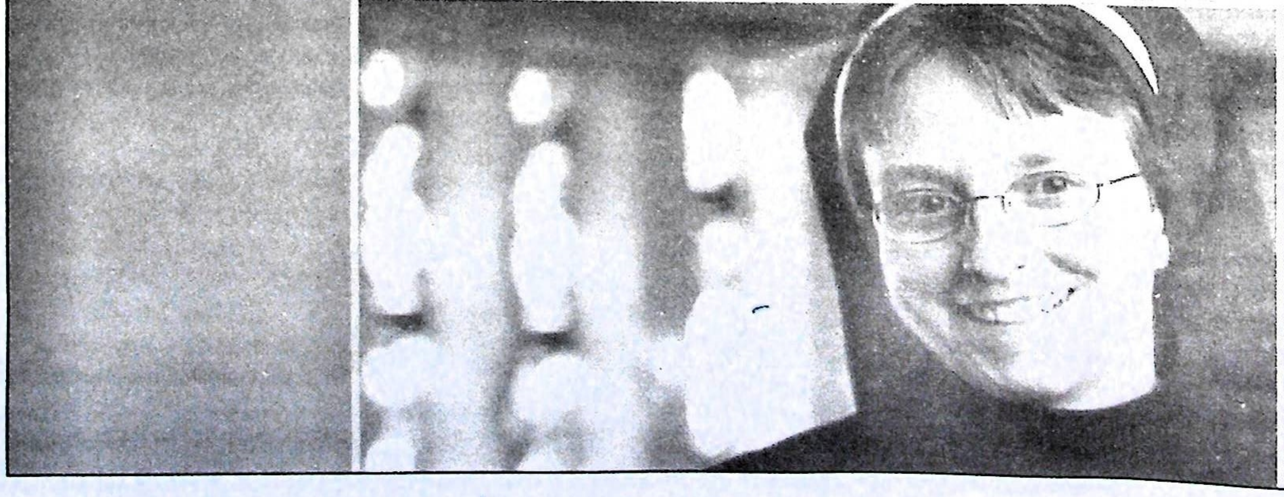

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